

ULTIMATE LIFTER



RAW BARBELL CLUB



BY ANDREW RAJEEVAN

RAW BARBELL CLUB

ULTIMATE LIFTER PROGRAM

FOR OLYMPIC WEIGHTLIFTING

**A Simple Easy to Follow Program for
maximal strength and technique Gainz.**

BY ANDREW RAJEEVAN

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ABOUT: RAW BARBELL CLUB

RAW Barbell is an Olympic Weightlifting Club and Strength & Conditioning facility based in the Hawkesbury region of NSW, Australia. What started of as a humble gym has exploded. We have so many awesome athletes from so many different places with different backgrounds and different ability levels. We are the misfits of the strength scene and we are here to stay.

Over the last few years we have risen in popularity due to the success of our athletes, both in competition and in the gym. From lifting big weights to helping someone rehabilitate after back surgery we are movement experts. But more than that we are a family that want to get strong together.

Want to learn more about RAW Barbell Club?

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If you're thinking about using this program, please be smart. Don't participate in strenuous exercise unless cleared by a competent medical professional. Heavy weights can be dangerous, so only perform these exercises if you can do so safely. If you follow any of these programs or perform any of these exercises, you do so at your own risk.



12 Weeks of Simplicity

There are so many coaches out there writing extremely complicated programs. I know because I'm one of them. But progress isn't defined by how fancy your program is. It's actually reflected through your results. Every single person that I've put through this program has made significant gains in strength. I've seen massive increases in Olympic totals and best of all, I've witnessed all of this with minimal injuries. This is a very go-at-your-own-pace program. For the most part you decide how heavy you go and because of that, you and your coach can easily modify technique and intensity throughout the cycle.

I hope you guys get as strong as we did!

The Program

There are actually two versions of this program, one is a 5 day version which I recommend for intermediate to advanced lifters and the second is a 3 day version for a more beginner lifter. Both programs have an extra (optional) strongman day.

Before I explain the program there are some important terms and concepts I need you to understand. Reading this part will help you better understand the program when to push the weights a lot and when to take it easy.

Percentage Guides

If you look at the program you'll notice that some weeks we ask you to hit specific percentages of your current 1RM and other weeks we have put them in as a guide so you know where in the range you should aim for. On days when RM (rep maxes) are set feel free to go over or under the percentages these are there as a guide only

Rep Maxes or RM

A rep max is the maximum amount of weight you can lift for the determined rep scheme. For example a 1RM squat would be the maximum amount of weight you can lift for 1 rep, where a 5RM squat would be the maximum amount of weight you can lift for 5 reps.

Strongman Friday

Strongman Friday is a concept Jack and I came up with many years ago. We absolutely love training strongman movements, it's another stimulus on the body, often there's a bit of fitness and competition and it gives the athletes a break from what can sometimes be mundane training. By no means do you 'have' to perform the strongman days, but I've left them in there as that's what we did.

Warm Up Routine

Follow this routine before every session for best results.

1) Ride on bike or rower 3-5 minutes

2) Beginner Flexibility Program

a) Ankles – 2 rounds

Downward dog 10 deep breaths (static) 10 breaths moving
Sitting on knee (soleus stretch) 10 breaths each leg

b) Hips – 2 Rounds

Butterfly stretch (seated) push with hands down 20 deep breaths
Frog Stretch 10 deep breaths static, 10 deep breaths rocking

c) Spine – 2 Rounds

5 good quality slow spinal roll downs to sun salutation
5 Lunges with rotation each leg

d) Shoulders - 2 rounds

Arm opening routine Chest flyes, rotations, swings
Broomstick external rotation stretch 10 breaths a side
Elbow against wall stretch 10 breaths a side

e) Wrist – 2 rounds

Wrist movement
Wrist stretch on floor 5 breaths per hold per side

3) Pre Training Routine - 2 rounds

a) Sit in Squat with KB as a goblet for 5 reps with 5 second pause

b) 10 empty bar or banded good mornings

c) 5 Strict Press (empty bar)

d) 5 Snatch grip Push press (empty bar)



RAW BARBELL CLUB

12 WEEK ULTIMATE LIFTER PROGRAM (5-6 Days p/week)

WEEK 1

Monday

- 1) Snatch Heavy 5 then -5%x5, -5%x5 _____
- 2) Strict Press 10RM then (90%x10)x2 _____
- 3) Back Squat 10RM _____
- 4) Bulgarian Split Squat heavy 3x5 each leg _____

Tuesday

- 1) Single Leg Broad Jumps 3x5 Hops in a row _____
- 2) Hang Power Clean 70%x3, (80%x3)x2, 85%x1, 80%x2
- 3) Deadlift 10RM _____
- 4) Bench Press 10RM _____
- 5) GHR 3x10 _____

Wednesday

- 1) Power Jerk (75%x3)x3
- 2) Hang Power Snatch 70%x3, (80%x3)x2, 85%x1, 80%x2
- 3) Snatch Pull 5RM + 5 Shrugs _____
- 4) Box or Belt Squat 3x10 _____

Thursday

- 1) 3 Snatch Panda Pull + 2 Snatches (tech work <75%) _____
- 2) Clean Heavy 5 then -5%x5, -5%x5 _____
- 3) Good morning 3x10 _____
- 4) Back Ext. 3x10 _____
- 5) Tabata Plank

Friday

- 1) Banded KB bench Press 5RM _____
- 2) Pinch Carry max 10m _____
- 3) 3x20m - Keg + Ball Race _____

Saturday

- 1) Snatch Heavy 4 then drop sets for technique _____
- 2) Clean Heavy 4 then drop sets for technique _____
- 3) Front Squat 7RM _____
- 4) Barbell Row 10RM _____

WEEK 2

Monday

- 1) Snatch Heavy 5 then -5%x5, -5%x5 _____
- 2) Strict Press 7RM then (90%x7)x2 _____
- 3) Back Squat 10RM then 90%x10 _____
- 4) Bulgarian Split Squat heavy 4x5 each leg _____

Tuesday

- 1) Single Leg Broad Jumps 3x3 Hops in a row _____
- 2) Hang Power Clean 75%x3, 80%x3, 85%x2, (80%x2)x2
- 3) Deadlift 7RM then 90%x7 _____
- 4) Bench Press 10RM then 90%x10 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Power Jerk (80%x2)x4
- 2) Hang Power Snatch 75%x3, 80%x3, 85%x2, (80%x2)x2
- 3) Snatch Pull 5RM + 5 Shrugs _____
- 4) Box or Belt Squat 3x10 _____

Thursday

- 1) 2 Snatch Panda Pull + 2 Snatches (tech work <80%) _____
- 2) Clean Heavy 5 then -5%x5, -5%x5 _____
- 3) Good morning 4x10 _____
- 4) Back Ext. 3x10 _____
- 5) Tabata Plank

Friday

- 1) Banded Hex Bar Deadlift 1RM _____
- 2) Prowler work
Prowler Push max weight 20m
Prowler Sprint max time @85%

Saturday

- 1) Snatch Heavy 4 then drop sets for technique _____
- 2) Clean Heavy 4 then drop sets for technique _____
- 3) Front Squat 7RM then 90%x7 _____
- 4) Barbell Row 10RM then 90%x10 _____

WEEK 3

Monday

- 1) Snatch Heavy 5 then -5%x5, -5%x5 _____
- 2) Strict Press 5RM then (90%x5)x3 _____
- 3) Back Squat 10RM then (90%x10)x2 _____
- 4) Bulgarian Split Squat heavy 5x5 each leg _____

Tuesday

- 1) Single Leg Broad Jumps 1 for distance _____
- 2) Hang Power Clean 75%x2, 80%x2, (85%x2)x2, (75%x3)x3
- 3) Deadlift 5RM then (90%x5)x2 _____
- 4) Bench Press 10RM then (90%x10)x2 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Power Jerk (85%x1)x5
- 2) Hang Power Snatch 75%x2, 80%x2, (85%x2)x2, (75%x3)x3
- 3) Snatch Pull 5RM + 5 Shrugs _____
- 4) Box or Belt Squat 3x10 _____

Thursday

- 1) 1 Snatch Panda Pull + 2 Snatches (tech work <85%) _____
- 2) Clean Heavy 5 then -5%x5, -5%x5 _____
- 3) Good morning 5x10 _____
- 4) Back Ext. 3x10 _____
- 5) Tabata Plank

Friday

- 1) Axle Bar Clean 1RM then 60%x15 reps for time _____
- 2) Repeat twice:
100m ROW
Ball Race
50m ROW
Ball Race _____

Saturday

- 1) Snatch Heavy 3 then drop sets for technique _____
- 2) Clean Heavy 3 then drop sets for technique _____
- 3) Front Squat 7RM then (90%x7)x2 _____
- 4) Barbell Row 10RM then (90%x10)x2 _____

WEEK 4

Monday

- 1) Snatch Heavy 3 then -5%x3, -5%x3 _____
- 2) Push Press Heavy 5 then (90%x5)x2 _____
- 3) Back Squat 7RM then 90%x7 _____
- 4) Back Rack Lunge heavy 3x5 each leg _____

Tuesday

- 1) Seated Box Jump For Height _____
- 2) Hang Power Clean 70%x3, (80%x2)x3, 85%x1, 87%x1
- 3) Deadlift 3RM then (90%x3)x3 _____
- 4) Bench Press 7RM then 90%x7 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Split Jerk (75%x3)x4
- 2) Hang Power Snatch 70%x3, (80%x2)x3, 85%x1, 87%x1
- 3) Snatch Pull 3RM + 5 Shrugs _____
- 4) Box or Belt Squat 4x5 _____

Thursday

- 1) 3 Position Snatch (tech work <75%) _____
- 2) Clean Heavy 3 then -5%x3, -5%x3 _____
- 3) Good morning 3x7 _____
- 4) Back Ext. 3x10 _____
- 5) GHR Sit-Up Hold 5x20 sec _____

Friday

- 1) Log Clean & Press 1RM then 70% x max reps in a min _____
- 2) 3 attempts to find a fast time for:
15 Viking Press at 70kg/40kg
10 axle bar deadlifts
5 Ball over shoulder 150lb/100lb/80lb _____

Saturday

- 1) Snatch Heavy 3 then drop sets for technique _____
- 2) Clean Heavy 3 then drop sets for technique _____
- 3) Front Squat 5RM then 90%x7 _____
- 4) Barbell Row 7RM then 90%x7 _____

WEEK 5

Monday

- 1) Snatch Heavy 3 then -5%x3, -5%x3 _____
- 2) Push Press Heavy 5 then (90%x5)x3 _____
- 3) Back Squat 7RM then (90%x7)x2 _____
- 4) Back Rack Lunge heavy 4x5 each leg _____

Tuesday

- 1) Seated Box Jump For Height 5x5@80% _____
- 2) Hang Power Clean 75%x3, 80%x3, (85%x1)x2, 87%x2
- 3) Deadlift 2RM then (90%x2)x4 _____
- 4) Bench Press 7RM then (90%x7)x2 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Split Jerk (80%x2)x5
- 2) Hang Power Snatch 75%x3, 80%x3, (85%x1)x2, 87%x2
- 3) Snatch Pull 3RM + 5 Shrugs _____
- 4) Box or Belt Squat 4x5 _____

Thursday

- 1) 3 Position Snatch (tech work <80%) _____
- 2) Clean Heavy 3 then -5%x3, -5%x3 _____
- 3) Good morning 4x7 _____
- 4) Back Ext. 3x10 _____
- 5) GHR Sit-Up Hold 4x30 sec _____

Friday

- 1) Viking Press 1RM then 75% x max reps in a min _____
- 2) Medley Race
10 Hex Bar Deadlifts (180kg/100kg)
10 Ball Over Shoulders (120lb/80lb)
10m Hex Bar Carry
5 Ball Over Shoulder (150lb/100lb) _____

Saturday

- 1) Snatch Heavy 3 then drop sets for technique _____
- 2) Clean Heavy 3 then drop sets for technique _____
- 3) Front Squat 5RM then (90%x5)x2 _____
- 4) Barbell Row 7RM then (90%x7)x2 _____

WEEK 6

Monday

- 1) Snatch Heavy 3 then -5%x3, -5%x3 _____
- 2) Push Press Heavy 5 then (90%x5)x4 _____
- 3) Back Squat 7RM then (90%x7)x3 _____
- 4) Back Rack Lunge heavy 5x5 each leg _____

Tuesday

- 1) Seated Box Jump For Height 5x3@85% _____
- 2) Hang Power Clean 75%x2, 80%x2, (85%x2)x2, (87%x1)x2
- 3) Deadlift 1RM _____
- 4) Bench Press 7RM then (90%x7)x3 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Split Jerk (85%x1)x6
- 2) Hang Power Snatch 75%x2, 80%x2, (85%x2)x2, (87%x1)x2
- 3) Snatch Pull 3RM + 5 Shrugs _____
- 4) Box or Belt Squat 4x5 _____

Thursday

- 1) 3 Position Snatch (tech work <85%) _____
- 2) Clean Heavy 3 then -5%x3, -5%x3 _____
- 3) Good morning 5x7 _____
- 4) Back Ext. 3x10 _____
- 5) GHR Sit-Up Hold 3x45 sec _____

Friday

- 1) Axle Bar Deadlift 1RM then 90% max hold _____
- 2) Sled Pull max distance in 1 min – (100/60kg) _____

Saturday

- 1) Snatch Heavy 2 then drop sets for technique _____
- 2) Clean Heavy 2 then drop sets for technique _____
- 3) Front Squat 5RM then (90%x5)x3 _____
- 4) Barbell Row 7RM then (90%x7)x3 _____

WEEK 7

Monday

- 1) Snatch Heavy 2 then -5%x2, -5%x2 _____
- 2) Jerk Heavy 3 then -5%x3, -5%x3 _____
- 3) Back Squat 5RM then (90%x5)x2 _____
- 4) Lunge 200m (no weight)

Tuesday

- 1) Box Jump For Height 3x3@85% (Of seated) _____
- 2) Power Clean 70%x3, 80%x3, 85%x1, 87%x1, 90%x1
- 3) Clean Pull (100%x3)x3
- 4) Bench Press 5RM then (90%x5)x2 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Jerk Tap-Taps 4x4 _____
- 2) Power Snatch 70%x3, 80%x3, 85%x1, 87%x1, 90%x1
- 3) Snatch Panda Pull (100%x3)x3
- 4) 3x10 Pull Ups _____
- 5) 3x10 Ring rows _____

Thursday

- 1) Pause at knee Snatch (tech work <75%) _____
- 2) Clean & Jerk Heavy 2 then -5%x2, -5%x2 _____
- 3) Good morning 3x5 _____
- 4) Back Ext. 3x10 _____
- 5) GHR Sit-Up Hold 2 x 1min _____

Friday

- 1) Bar Walk out 1RM (10 seconds) _____
- 2) Hex Bar 5 Deadlifts Straight into carry 10m x2-3 attempts @200/150kg _____

Saturday

- 1) Snatch Heavy 2 then drop sets for technique _____
- 2) Clean & Jerk Heavy 2 then drop sets for technique _____
- 3) Front Squat 3RM then (90%x3)x2 _____
- 4) Barbell Row 5RM then (90%x5)x2 _____

WEEK 8

Monday

- 1) Snatch Heavy 2 then -5%x2, -5%x2 _____
- 2) Jerk Heavy 3 then -5%x3, -5%x3 _____
- 3) Back Squat 5RM then (90%x5)x3 _____
- 4) Lunge 150m (no weight)

Tuesday

- 1) Box Jump For Height 3x2@90% (Of seated) _____
- 2) Power Clean 75%x3, 80%x3, (85%x1)x2, 87%x2, 90%x1
- 3) Clean Pull (110%x2)x4
- 4) Bench Press 5RM then (90%x5)x3 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Jerk Tap-Taps 5x5 _____
- 2) Power Snatch 75%x3, 80%x3, (85%x1)x2, 87%x2, 90%x1
- 3) Snatch Panda Pull (105%x3)x4
- 4) 3x10 Pull Ups _____
- 5) 3x10 Ring rows _____

Thursday

- 1) Pause at knee Snatch (tech work <80%) _____
- 2) Clean & Jerk Heavy 2 then -5%x2, -5%x2 _____
- 3) Good morning 4x5 _____
- 4) Back Ext. 3x10 _____
- 5) 5x20 Leg raises _____

Friday

- 1) Zercher Squat 1RM _____
- 2) Log Bench Press 1RM then 80% x max reps in a min _____
- 3) Ball Carry in stomach 100m for time x3 goes (150lb/100lb) _____

Saturday

- 1) Snatch Heavy 2 then drop sets for technique _____
- 2) Clean & Jerk Heavy 2 then drop sets for technique _____
- 3) Front Squat 3RM then (90%x3)x3 _____
- 4) Barbell Row 5RM then (90%x5)x3 _____

WEEK 9

Monday

- 1) Snatch Heavy 2 then -5%x2, -5%x2 _____
- 2) Jerk Heavy 3 then -5%x3, -5%x3 _____
- 3) Back Squat 5RM then (90%x5)x4 _____
- 4) Lunge 100m (no weight)

Tuesday

- 1) Box Jump for height _____
- 2) Power Clean 75%x2, 80%x2, (85%x2)x2, (87%x1)x2, 90%x1
- 3) Clean Pull (120%x1)x5
- 4) Bench Press 5RM then (90%x5)x4 _____
- 5) GHR 3x10 _____

Wednesday

- 1) Jerk Tap-Taps 3x3 _____
- 2) Power Snatch 75%x2, 80%x2, (85%x2)x2, (87%x1)x2, 90%x1
- 3) Snatch Panda Pull (110%x2)x6
- 4) 3x10 Pull Ups _____
- 5) 3x10 Ring rows _____

Thursday

- 1) Pause at knee Snatch (tech work <85%) _____
- 2) Clean & Jerk Heavy 2 then -5%x2, -5%x2 _____
- 3) Good morning 5x5 _____
- 4) Back Ext. 3x10 _____
- 5) 100 Sit-ups _____

Friday

- 1) Axle Bar Clean & Jerk 1RM _____
- 2) Medley Race
Ball Carry 2 laps (150lb/100lb)
Farmers Carry 2 laps (150/100kg)
5 Axle bar Clean & Jerks (80/50kg) _____

Saturday

- 1) Snatch Heavy 1 then drop sets for technique _____
- 2) Clean & Jerk Heavy 1 then drop sets for technique _____
- 3) Front Squat 3RM then (90%x3)x4 _____
- 4) Barbell Row 5RM then (90%x5)x4 _____

WEEK 10

Monday

- 1) Snatch (75%x3)x4
- 2) Jerk (75%x3)x4
- 3) Back Squat 3RM then (90%x3)x3 _____
- 4) 3x10 Pull Ups _____

Tuesday

- 1) Power Clean 70%x3, 80%x3, 85%x1, 87%x1, 90%x1, 95%x1
- 2) Clean Pull (100%x3)x3
- 3) Bench Press 3RM then (90%x3)x3 _____
- 4) GHR 3x10 _____

Wednesday

- 1) Power Snatch 70%x3, 80%x3, 85%x1, 87%x1, 90%x1, 95%x1
- 2) Snatch Pull (108%x3)x5
- 3) Front Squat (75%x3)x6
- 4) 3x10 Ring rows _____

Thursday

- 1) Snatch Tech Work (75%x3)x4
- 2) Clean & Jerk (75%x3)x4
- 3) Good morning 5x3 _____
- 4) Back Ext. 3x10 _____
- 5) L-sit 5 x max holds

Friday

- 1) Front Rack Walk Out (10 seconds) _____
- 2) 3 attempts to find a fast time for
Sled Sprint
Into rope sled pull back
5 Tyre Flips _____

Saturday

- 1) Snatch Heavy 1 then drop sets for technique _____
- 2) Clean & Jerk Heavy 1 then drop sets for technique _____
- 3) Front Squat 2RM then (90%x2)x3 _____
- 4) Barbell Row 3RM then (90%x3)x3 _____

WEEK 11

Monday

- 1) Snatch (80%x3)x5
- 2) Jerk (80%x2)x5
- 3) Back Squat 2RM then (90%x2)x2 _____
- 4) 3x10 Ring rows _____

Tuesday

- 1) Power Clean 75%x3, 80%x3, (85%x2)x2, 87%x2, (90%x1)x2, 95%x1
- 2) Clean Pull (105%x3)x3
- 3) Bench Press 2RM then (90%x2)x2 _____
- 4) GHR 3x10 _____

Wednesday

- 1) Power Snatch 75%x3, 80%x3, (85%x2)x2, 87%x2, (90%x1)x2, 95%x1
- 2) Snatch Pull (112%x3)x4
- 3) Front Squat (80%x2)x7
- 4) 3x10 Pull Ups _____

Thursday

- 1) Snatch Tech Work (80%x2)x5
- 2) Clean & Jerk (80%x2)x5
- 3) Good morning 4x3 _____
- 4) Back Ext. 3x10 _____

Friday

- 1) Strict Press 1RM then max rep in 60% in a 2 min _____
- 2) KB Farmers Walk 100m for time (32/24kg) x2 _____
- 3) Rope Sled drag for weight 10m _____
Then rope sled drag for time 20m _____

Saturday

- 1) Snatch Heavy 1 then drop sets for technique _____
- 2) Clean & Jerk Heavy 1 then drop sets for technique _____
- 3) Front Squat 2RM then (90%x2)x2 _____
- 4) Barbell Row 2RM then (90%x2)x2 _____

WEEK 12

Monday

- 1) Snatch (85%x2)x6
- 2) Jerk (85%x1)x6
- 3) Front Squat 1RM then 90%x1

Tuesday

- 1) Power Clean 75%x2, 80%x2, (85%x3)x2, (87%x1)x2, 90%x1
- 1) Power Snatch 75%x2, 80%x2, (85%x3)x2, (87%x1)x2, 90%x1

Wednesday – Rest Day OR

- 1) Snatch Tech Work (85%x1)x5
- 2) Clean & Jerk (85%x1)x5
- 3) Back Squat (85%x2)x2

Thursday – Rest Day

Friday – Rest Day OR

- 1) Shoulder Raise hold max time, front and sides
- 2) Farmers Carry Heavy 20m then max deadlifts in a minute

Saturday – Max Out Day

Snatch 1RM
Clean & Jerk 1RM



RAW BARBELL CLUB

12 WEEK ULTIMATE LIFTER PROGRAM (3-4 Days p/week)

WEEK 1

Day 1

Back Squat 10RM _____
Strict Press 10RM then (90%x10)x2 _____
Snatch Heavy 5 then -5%x5, -5%x5 _____
Bench Press 10RM _____
(Abs)

Day 2

Power Jerk (75%x3)x3
Clean Heavy 5 then -5%x5, -5%x5 _____
Bulgarian Split Squat heavy 3x5 each leg _____
Deadlift 10RM _____
(Abs)

Day 3 (Optional)

- 1) Banded KB bench Press 5RM _____
- 2) Pinch Carry max 10m _____
- 3) 3x20m - Keg + Ball Race _____

Day 4

Snatch Heavy 4 then drop sets for technique _____
Clean Heavy 4 then drop sets for technique _____
Front Squat 7RM _____
Barbell Row 10RM _____
(Abs)

WEEK 2

Day 1

Snatch Heavy 5 then -5%x5, -5%x5 _____
Clean & Jerk 70%x3, 75%x2, (80%x2)x3
Snatch Pull @100% for tech
Back Squat 10RM then 90%x10 _____
Strict Press 5RM then 3 sets of Max Push Press at same weight
(Abs)

Day 2

Power Jerk (80%x2)x4

Snatch 70%x3, 75%x2, (80%x2)x4

Back Squat (80%x2)x8

Bulgarian Split Squat heavy 4x5 each leg _____

Deadlift 7RM then 90%x7 _____

(Abs)

Day 3 (Optional)

1) Banded Hex Bar Deadlift 1RM _____

2) Prowler work

Prowler Push max weight 20m _____

Prowler Sprint max time @85% _____

Day 4

Snatch Heavy Single then drop sets as needed for technique _____

Clean Heavy Single then drop sets as needed for technique _____

Front Squat 5RM then leave it

Bench Press 10RM _____

Barbell Row 10RM then (90%x10)x2 _____

(Abs)

WEEK 3

Day 1

Back Squat 10RM then (90%x10)x2 _____

Strict Press 5RM then (90%x5)x3 _____

Snatch Heavy 5 then -5%x5, -5%x5 _____

Bench Press 10RM then (90%x10)x2 _____

(Abs)

Day 2

Power Jerk (85%x1)x5

Clean Heavy 5 then -5%x5, -5%x5 _____

Bulgarian Split Squat heavy 5x5 each leg _____

Deadlift 5RM then (90%x5)x2 _____

(Abs)

Day 3 (Optional)

1) Axle Bar Clean 1RM then 60%x15 reps for time _____

2) Repeat twice:

100m ROW

Ball Race

50m ROW

Ball Race _____

Day 4

Snatch Heavy 4 then drop sets for technique _____

Clean Heavy 4 then drop sets for technique _____

Front Squat 7RM then (90%x7)x2 _____

Barbell Row 10RM then (90%x10)x2 _____

(Abs)

WEEK 4

Day 1

Back Squat 7RM then 90%x7 _____

Push Press Heavy 5 then (90%x5)x2 _____

Snatch Heavy 3 then -5%x3, -5%x3 _____

Bench Press 7RM then 90%x7 _____

(Abs)

Day 2

Split Jerk (75%x3)x4

Clean Heavy 3 then -5%x3, -5%x3 _____

Back Rack Lunge heavy 3x5 each leg _____

Deadlift 3RM then (90%x3)x3 _____

(Abs)

Day 3 (Optional)

1) Log Clean & Press 1RM then 70% x max reps in a min _____

2) 3 attempts to find a fast time for:

15 Viking Press at 70kg/40kg

10 axle bar deadlifts

5 Ball over shoulder 150lb/100lb/80lb _____

Day 4

Snatch Heavy 3 then drop sets for technique _____

Clean Heavy 3 then drop sets for technique _____

Front Squat 5RM then 90%x5 _____

Barbell Row 7RM then 90%x7 _____

(Abs)

WEEK 5

Day 1

Back Squat 7RM then (90%x7)x2 _____

Push Press Heavy 5 then (90%x5)x3 _____

Snatch Heavy 3 then -5%x3, -5%x3 _____

Bench Press 7RM then (90%x7)x2 _____

(Abs)

Day 2

Split Jerk (80%x2)x5

Clean Heavy 3 then -5%x3, -5%x3 _____

Back Rack Lunge heavy 4x5 each leg _____

Deadlift 2RM then (90%x2)x4 _____

(Abs)

Day 3 (Optional)

1) Viking Press 1RM then 75% x max reps in a min _____

2) Medley Race

10 Hex Bar Deadlifts (180kg/100kg)

10 Ball Over Shoulders (120lb/80lb)

10m Hex Bar Carry

5 Ball Over Shoulder (150lb/100lb) _____

Day 4

Snatch Heavy 3 then drop sets for technique _____

Clean Heavy 3 then drop sets for technique _____

Front Squat 5RM then (90%x5)x2 _____

Barbell Row 7RM then (90%x7)x2 _____

(Abs)

WEEK 6

Day 1

Back Squat 7RM then (90%x7)x3 _____

Push Press Heavy 5 then (90%x5)x4 _____

Snatch Heavy 3 then -5%x3, -5%x3 _____

Bench Press 7RM then (90%x7)x3 _____

(Abs)

Day 2

Split Jerk (85%x1)x6

Clean Heavy 3 then -5%x3, -5%x3 _____

Back Rack Lunge heavy 5x5 each leg _____

Deadlift 1RM _____

(Abs)

Day 3 (Optional)

1) Axle Bar Deadlift 1RM then 90% max hold

2) Sled Pull max distance in 1 min – (100/60kg)

Day 4

Snatch Heavy 3 then drop sets for technique _____

Clean Heavy 3 then drop sets for technique _____

Front Squat 5RM then (90%x5)x3 _____

Barbell Row 7RM then (90%x7)x3 _____

(Abs)

WEEK 7

Day 1

Back Squat 5RM then (90%x5)x2 _____

Jerk Heavy 3 then -5%x3, -5%x3 _____

Snatch Heavy 2 then -5%x2, -5%x2 _____

Bench Press 5RM then (90%x5)x2 _____

(Abs)

Day 2

Jerk Tap-Taps 4x4 _____

Clean & Jerk Heavy 2 then -5%x2, -5%x2 _____

Clean Pull (100%x3)x3

Box or Belt Squat 3x10 _____

(Abs)

Day 3 (Optional)

1) Bar Walk out 1RM (10 seconds) _____

2) Hex Bar 5 Deadlifts Straight into carry 10m x2-3 attempts @200/150kg _____

Day 4

Snatch Heavy 2 then drop sets for technique _____

Clean & Jerk Heavy 2 then drop sets for technique _____

Front Squat 3RM then (90%x3)x2 _____

Barbell Row 5RM then (90%x5)x2

(Abs)

WEEK 8

Day 1

Back Squat 5RM then (90%x5)x3 _____

Jerk Heavy 3 then -5%x3, -5%x3 _____

Snatch Heavy 2 then -5%x2, -5%x2 _____

Bench Press 5RM then (90%x5)x3 _____

(Abs)

Day 2

Jerk Tap-Taps 5x5 _____

Clean & Jerk Heavy 2 then -5%x2, -5%x2 _____

Clean Pull (110%x2)x4

Box or Belt Squat 3x10 _____

(Abs)

Day 3 (Optional)

1) Zercher Squat 1RM _____

2) Log Bench Press 1RM then 80% x max reps in a min _____

3) Ball Carry in stomach 100m for time x3 goes (150lb/100lb) _____

Day 4

Snatch Heavy 2 then drop sets for technique _____

Clean & Jerk Heavy 2 then drop sets for technique _____

Front Squat 3RM then (90%x3)x3 _____

Barbell Row 5RM then (90%x5)x3 _____

(Abs)

WEEK 9

Day 1

Back Squat 5RM then (90%x5)x4 _____

Jerk Heavy 3 then -5%x3, -5%x3 _____

Snatch Heavy 2 then -5%x2, -5%x2 _____

Bench Press 5RM then (90%x5)x4 _____

(Abs)

Day 2

Jerk Tap-Taps 3x3 _____

Clean & Jerk Heavy 2 then -5%x2, -5%x2 _____

Clean Pull (120%x1)x5 _____

Box or Belt Squat 3x10 _____

(Abs)

Day 3 (Optional)

1) Axle Bar Clean & Jerk 1RM _____

2) Medley Race

Ball Carry 2 laps (150lb/100lb)

Farmers Carry 2 laps (150/100kg)

5 Axle bar Clean & Jerks (80/50kg) _____

Day 4

Snatch Heavy 2 then drop sets for technique _____

Clean & Jerk Heavy 2 then drop sets for technique _____

Front Squat 3RM then (90%x3)x4 _____

Barbell Row 5RM then (90%x5)x4 _____

WEEK 10

Day 1

Back Squat 3RM then (90%x3)x3 _____

Jerk (75%x3)x4 _____

Snatch (75%x3)x4 _____

Bench Press 3RM then (90%x3)x3 _____

(Abs)

Day 2

Front Squat (75%x3)x6

Clean & Jerk (75%x3)x4

Clean Pull (100%x3)x3

Box or Belt Squat 4x5 _____
(Abs)

Day 3 (Optional)

1) Front Rack Walk Out (10 seconds) _____

2) 3 attempts to find a fast time for
Sled Sprint
Into rope sled pull back
5 Tyre Flips _____

Day 4

Snatch Heavy 1 then drop sets for technique _____

Clean & Jerk Heavy 1 then drop sets for technique _____

Front Squat 2RM then (90%x2)x3 _____

Barbell Row 3RM then (90%x3)x3 _____

WEEK 11

Day 1

Back Squat 2RM then (90%x2)x2 _____

Jerk (80%x2)x5

Snatch (80%x3)x5

Bench Press 2RM then (90%x2)x2 _____

Day 2

Front Squat (80%x2)x7

Clean & Jerk (80%x2)x5

Clean Pull (105%x3)x3

Box or Belt Squat 4x5 _____

Day 3 (Optional)

1) Strict Press 1RM then max rep in 60% in a 2 min _____

2) KB Farmers Walk 100m for time (32/24kg) x3 _____

3) Rope Sled drag for weight 10m
Then rope sled drag for time 20m _____

Day 4

Snatch Heavy 1 then drop sets for technique _____

Clean & Jerk Heavy 1 then drop sets for technique _____

Front Squat 2RM then (90%x2)x2 _____

Barbell Row 2RM then (90%x2)x2 _____

WEEK 12

Day 1

Front Squat 1RM then 90%x1 _____

Snatch (85%x2)x6

Clean & Jerk (85%x1)x6

Bench Press 1RM then 90%x1 _____

Day 2

Jerk (85%x1)x6

Front Squat (85%x2)x2

Day 3 (Optional)

1) Shoulder Raise hold max time, front and sides _____

2) Farmers Carry Heavy 20m then max deadlifts in a minute _____

Day 4 – MAX Out

Snatch 1RM

Clean & Jerk 1RM



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